

# TO COOK OR NOT TO COOK?

## Healthier Cooked

Asparagus, Mushrooms, Spinach, Green beans, celery, tomatoes, carrots, potatoes, legumes, meat, fish and poultry.

Minerals: Copper Zinc, Iron availability increases after cooking in heat. Ideally, steamed.



## Healthier Raw

Broccoli, cauliflower, cabbage, kale, onions, garlic, beets.

Minerals: Ca K, Mg and P are lost after cooking in high temperatures for more than 7 minutes



Shorter cooking time is better!

# URBAN FARMING INSTITUTE

## Grow



## What we do!

The Urban Farming Institute is more than just an urban farm, resource center, and community garden. It's a registered 501C (3) tax exempt, non-profit organization.

## Gardening



## Research



## Create



## Design



It's a place where volunteers, students, gardeners, farmers, and a flock of other incredible people banding together to germinate, swap ideas and trade dirt (tips and tricks), harvest, and most of all, build. And has been for more than 10 years.

## Educate



Check out our website:

[discoverufi.org](http://discoverufi.org)

GET  
INVOLVED  
TODAY!!

**URBAN** *farming*  
INSTITUTE  
GROWN IN OAKLAND PARK, FLORIDA